

The Top 10 Ways to Become Change Proficient

If it's one thing we need today, it's resilience. Al Siebert, Ph.D., has been studying resilient people for 30 years--people who, he says, "like cats, manage to land on their feet and often end up stronger and better than before." He is the author of The Survivor Personality: Why Some People Are Stronger, Smarter, and More Skillful at Handling Life's Difficulties ... and How You Can Be Too. Here are some things to know about being change proficient.

1. Resilient people thrive in constant change because they're flexible, agile, creative, adapt quickly, and synergistic.

Lots of emotional intelligence competencies in that list.

2. Resilient people are curious, lifelong learners.

Siebert has found that people who die in their 5th and 6th decade have this life trajectory: school, then work, then leisure. Resilient seniors have combined all three during their entire lives.

3. They're able to maintain their emotional stability, health and well being through trying times, which provides energy.

4. They can focus outwards, test reality well, and take action.

5. They can focus inward and have strong inner "selves."

6. They have a talent for serendipity -- being able to find valuable or agreeable things not sought for.

7. They use problem-focused coping rather than emotion-focused coping.

8. They're able to learn from experience, including past adversities.

9. They have minds and habits that create bridges, not barriers, to a better future.

10. The struggle to bounce back from adversity can develop strengths and abilities you never dreamed possible.

About the Submitter:

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